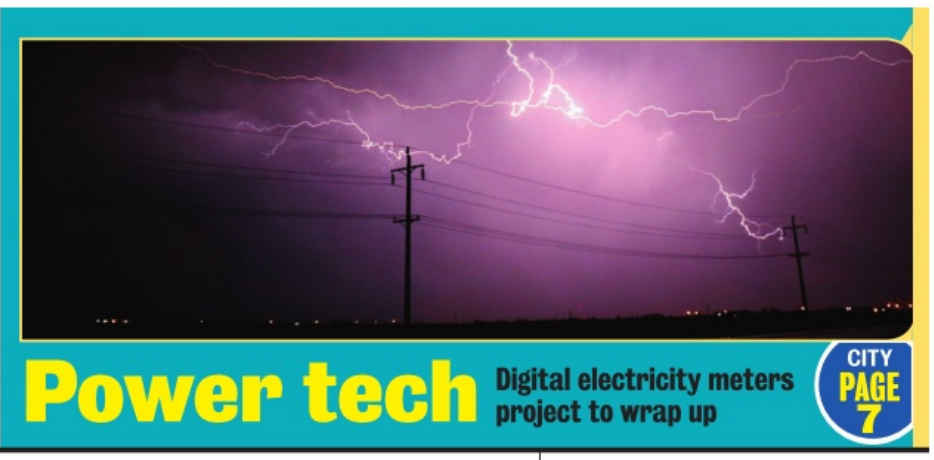
BENGALURU, FRIDAY, DECEMBER 22, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 29 | Min 15 | Humidity 55% Fog or Mist would occur in early morning Sensex 70,865 | Nifty 21,255 | Gold 63,000 | Silver 76,200 | Dollar 83.27 | Euro 91.53 | GBP 105.22

CITY PAGE 4

Framework How to recycle discarded photo frames



Power tech Digital electricity meters project to wrap up

CITY PAGE 7

1,559 cases filed against auto rickshaw drivers for overcharging this year as union requests fare revision

VANITY FARE

Commuters rely on auto rickshaws for first/last mile connectivity

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KAUSHIK JN

The Bengaluru Traffic Police (BTP) have registered just 1,559 cases against auto rickshaw drivers for charging excessive fares during this year until November.

Commuters BM spoke to said the aforementioned number is abysmally low as fleecing by auto rickshaw drivers in the city is rampant. They urged the BTP to conduct frequent drives to curb the malpractice.

Roopesh Das, an advertising agent residing in BTM Layout, said the BTP must conduct drives especially around metro stations to check auto rickshaw drivers charging excessive fares.

"Auto rickshaw drivers take advantage of the fact that commuters rely on them for first and last mile connectivity, and demand extra fare by arbitrary standards. Now that the Bangalore Metropolitan Transport Corporation (BMTC) has introduced metro feeder buses to BTM Layout from Banashankari metro station, I am able to ensure first and last mile connectivity at an economical price. Otherwise, auto rickshaw drivers in the vicinity of JP Nagar would often demand Rs 100-150 while the fare set by the government only amounts to Rs 75," he said.

He added that if the traffic cops

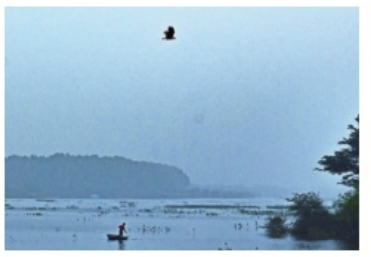
CONTINUED ON PAGE 6 »

"Auto rickshaw fares have been revised only twice in the last decade; even that has not kept pace with price hikes

—Auto Rickshaw Drivers' Union letter to transport minister

WINTER & CHILL BAD AIR DAYS

Multiple areas in city record Air Quality Index above 100 breaching satisfactory zone



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As Bengaluru is experiencing the winter chill with a sudden dip in temperature over the last few days, air quality is starting to worsen too.

On Thursday morning, multiple areas in the city recorded an Air Quality Index (AQI) of above 100, breaching the 'satisfactory' zone of AQI (<100) and entering the 'moderate' zone (AQI value between 100 and 200).

The air quality monitoring station in Jayanagar recorded a value of 152, and Kasturinagar AQI touched 150. Other areas in the city with a declining air quality included Hebbal (AQI of 144), Bapuji Nagar (AQI of 130), Mysore Road (AQI of 151), and Silkboard Junction (AQI of 118).

Particulate Matter (PM) 2.5 was the lead pollutant across the majority of these stations with concentration reaching as high as 244.

On Thursday (December 21), the overall AQI of Bengaluru was at 126, a stark rise from the AQI recorded just five days ago. The AQI of Bengaluru on December 17 was recorded to be 68.

Air quality experts said temperature inversion during winter leads to deterioration in air quality by confining pollutants near the ground. This happens due to slow horizontal and vertical

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Classical view

Renowned Odissi dancer Madhulita Mohapatra and her troupe, the Nrityantar Dance Ensemble, are all set to present their captivating Odissi dance production. The performance titled 'Colours of Krishna' is part of the Margazhi Bengaluru by Medai. Mohapatra is known for her inventive choreographic skills and her adeptness to keep her audiences engaged. **Where: Medai-The Stage Bengaluru, Koramangala 5th Block; When: December 25 to 29**

02 Colours of silk

Visit the National Silk Expo, an exclusive exhibition and sale that features more than 1,50,000 varieties of sarees and dress materials, displaying the weaving traditions of India. You will find jute silks in vibrant colours, polished and raw tussars, maslin silk, tangail, linen sarees, and more. You can also get Banarasi silk, Rajasthani dabu print, Bihar tussar silk, and Gujarat patola. **Where: Shilpa Kala Mantapa, 9th Cross, JP Nagar, 3rd Phase Bannerghatta Main Road When: December 16 to 25; 11 am to 9 pm**

03 Valuable act

Get ready to watch an experimental Kannada play, Project Darling, that traces the journey of performers who are out there to search for their ancestry-women performers. The play is a mix of

hilarious dialogue and cultural backgrounds. It is directed by Sharanya Ramprakash and produced by Prakash Raj. **Where: Ranga Shankara; When: December 24; 3:30 and 7:30 pm**

Precaution is always better

A vendor selling face masks in KR Market amid rise in covid cases in Bengaluru

PIC: KAUSHIK JN

Schools asked to pull up socks over covid

City schools receive advisory to maintain safe environment due to increase in various viral infections; state govt opts to establish sub-committee to curb spread of covid-19

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The Associated Management of Primary and Secondary Schools in Karnataka (KAMS) has released guidelines for schools, stressing routine practices to ensure the well-being of students. In light of the alert about various virus infections, schools are reminded not to allow students with viral, contagious, or allergic conditions. Immediate medical attention is advised in such cases.

"To maintain a safe environment, schools are instructed to conduct regular temperature checks, sanitise premises, and ensure students with weak immunity or medical issues wear masks. Head mistresses/masters/principals and teachers are advised to teach and emphasise hygienic measures both within and outside the school and home environment. In cases where students fall sick suddenly after coming to school, schools are directed to provide isolation, administer first aid, and urge parents to seek immediate medical attention. Parents are discouraged from administering medicine during illness and sending children to school under the guise of tests/exams or class loss reasons," the KAMS letter to schools said.

With the holidays approaching, parents are alerted to avoid crowded tourist and pilgrimage places, it added.

KAUSHIK JN

Workers cleaning and pasting posters on the premises of Rajiv Gandhi Hospital in advance preparation

Sub-committee to look into covid preparedness

Meanwhile, the Karnataka government has opted to establish a cabinet sub-committee aimed at facilitating effective coordination with experts to make informed decisions in the ongoing efforts to curb the spread of covid-19. This includes the formulation of precautionary measures and the provision of treatment. Over the past week, Karnataka has witnessed three covid-19-related fatalities.

Following a meeting with ministers, officials, and experts, Chief Minister Siddaramaiah urged the public to exercise caution and adopt preventive measures such as wearing face masks. The CM outlined the formation of a cabinet sub-committee, the leadership and members of which will be determined during a forthcoming cabinet meeting. This sub-committee will maintain regular interactions, including meetings with the Technical Advisory Committee (TAC), which consists of experts.

Addressing concerns about potential shortcomings, Siddaramaiah instructed officials to avoid repeating past mistakes, including shortages of oxygen, beds, ventilators, and medicines. While urging citizens not to succumb to panic, Siddaramaiah acknowledged the emergence of the 'JN.1' sub-variant of the Omicron variant.

As of now, Karnataka reports 92 active covid cases, with 80 in Bengaluru Urban district. A total of 72 cases are under home isolation, and 20 are hospitalised, with 7 in the ICU due to both covid and other comorbidities. The CM announced a daily target of 5,000 covid tests, comprising 1,500 Rapid Antigen Tests and 3,500 RT-PCR tests, with a focus on 1,000 tests in Bengaluru.

> **"We have a target of testing 1,000 tests a day in Bengaluru and 500 for Bengaluru Urban**
> – D Ranadeep, Health Commissioner

Health department officials have been directed to ensure the availability of oxygen, ventilators, beds, and other essentials. Regarding New Year celebrations, the CM did not issue specific guidelines but urged people to wear masks, anticipating an increase in reported cases due to intensified testing. Health Commissioner D Ranadeep said, "We have a target of testing 1,000 tests a day in Bengaluru and 500 for Bengaluru Urban other than the BBMP region."

Bengaluru: Job hub for the young

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Ever wondered which city is the most favoured by the youth for work? Well, it is Bengaluru. According to a recent survey, Bengaluru retains its position as the favourite city to work among India's youth.

According to the latest India Skills Report 2024, "Bengaluru's allure goes beyond its geographical boundaries, transcending regional affiliations. For many, Bengaluru is not merely a location; it represents a beacon of opportunities, a city where aspirations meet thriving industries. The significance of Bengaluru as a preferred destination is underlined by its consistent prominence among the top choices for male and female professionals."

The report further states that Bengaluru topped the list of cities with the highest availability of English skills and numerical skills, while Thiruvananthapuram secured the top spot for cities with the highest availability of computer skills this year. Bengaluru came second in the list of cities with the highest availability of computer skills. It emerged as a technology hub, leading among cities.

"In the age group of 18-21, Bengaluru secured a commendable second position with 72.18 per cent of candidates found highly employable, following Pune, which claimed the top spot with 80.82 per cent. Moving to the age group of 22-25, Bengaluru maintained its prominence with 74.63 per cent availability of highly employable talent, securing the third position after Lucknow and Mumbai. Bengaluru showcased its versatility as a hub for MBA degree holders, with 74.63 per cent of candidates in the age group of 22-25 deemed highly employable. Furthermore, Bengaluru emerged as a leader in both English and numerical skills proficiency among cities," the report said.

In the age group of 22-25, the city maintained its prominence with 74.63% availability of highly employable talent, at third position in the country

In terms of gender diversity, Bengaluru played a significant role, leading in female employability with 44.01 per cent. Additionally, in the overall male employability scenario, Bengaluru stood strong with 72.16 per cent, showcasing a balanced contribution from both genders to the skilled labour force.

Love & don't let live? Crimes of passion on a high in B'luru

2 more murders reported over suspicion of 'illicit' affairs in city that already is top of the list in such crimes as per NCRB data

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Bengaluru tops in 'love, sex and infidelity' scandals as the city records the highest number of murder cases in India due to 'illicit affairs'. The latest report by National Crime Records Bureau (NCRB) shows that the police registered 20 cases in Bengaluru in 2022 for murders due to illicit affairs. Bengaluru takes the first spot followed by Delhi (13 cases) and Mumbai (nine). In 2023, as per the data by the Karnataka state police, 19 people have been murdered due to sexual jealousy and 15 due to love intrigue as of October, in the state.

On December 21, two murder cases came to light in which the murder happened due to suspicion of an illicit affair.

Tragedy unfolded as a woman, identified as Manisha, is accused of fatally stabbing her 27-year-old husband, Umesh. The incident occurred during a heated argument near Hulimavu on Wednesday night. Both Manisha and Umesh were employed as housekeeping staff at a private college in the city. The altercation erupted after Umesh returned home from a night out with friends, discovering his wife talking on the phone at midnight. Suspecting infidelity, he confronted her, leading to a quarrel. Allegedly, in the midst of the argument, Manisha used a knife to fatally wound her husband. Umesh succumbed to his injuries, and his body was later transported to Victoria Hospital. The Hulimavu Police have registered a case, with Manisha taken into custody as investigations into the incident are ongoing.

In another case, a police constable, identified as 30-year-old Sanjay, working at Chief Minister Siddaramaiah's home office, was set on fire by his lover, Rani, at her JP Nagar residence. Sanjay, who was being treated at Victoria Hospital, succumbed to his injuries. The accused, formerly a home guard and currently employed with a security firm, is now under investigation. The FIR, filed under the Prevention of Atrocities Act based on Sanjay's statement, is being modified to a murder case. Sanjay and Rani, both employed at Basavanagudi police station in 2021, were in a relationship for two years. The incident transpired after a confrontation on December 6 when Rani, suspected of infidelity, allegedly set Sanjay ablaze after he challenged her with a litre of petrol.

According to sources, the victim suspected the accused of having an affair with somebody else and was angry about her talking on the phone with somebody.

Despite immediate efforts to extinguish the fire, Sanjay's condition worsened, leading to his demise on Thursday. The police are augmenting the FIR and actively searching for Rani.

T2: Most beautiful airport in the world

Terminal 2 of Kempegowda International Airport has secured recognition as one of the 'World's Most Beautiful Airports' and has been awarded the coveted 'World Special Prize for Interior 2023 at UNESCO's 2023 Prix Versailles. BIAL is the only Indian airport to receive this recognition.

The Prix Versailles, established in 2015, focuses on "intelligent sustainability" as a cultural driver, acknowledging innovation, creativity, a reflection of local heritage, ecological efficiency, and values of social interaction. T2, also known as the "Terminal in a Garden," was inaugurated on November 11, 2022. Encompassing 255,661 sq mt, the terminal is built upon four foundational pillars: technological leadership, a terminal in a garden, environmental and ecological stewardship. "The nomination of Terminal 2 for the 2023 Prix Versailles Award is a moment of immense pride, and we are pleased to see the terminal receiving the recognition it deserves. T2, with its unique blend of art and technology, serves as a distinctive gateway, leaving an impression on global travelers and offering a glimpse of the rich offerings of our state and country," said Hari Marar, MD & CEO of Bangalore International Airport Ltd. —BMB

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B'luru's boulevard of broken photo frames

Volunteers advocate for responsible disposal of abandoned images of deities; plan is to have drums in temples to store discarded images and segregate them into different components

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Portraits of deities abandoned in parts of the city

Abandoned photos and portraits of Gods and Goddesses are a common feature at lakes, temples and trees, especially Peepal trees in the city. Broken glasses of such frames pose a danger to walkers and environmentalists who spend their valuable time watering saplings on the bunds of various lakes. The broken photo frames are not a visual treat for the public. Some volunteers in Raja Rajeshwari Nagar Zone are contemplating creating awareness among the public about abandoned photos and portraits. They want to create awareness on par with Chakravarti Sulibele who encourages people to hand over these broken photos and portraits to Yuvabrigade, a group of volunteers.

"We are planning to dispose of abandoned portraits by segregating wooden frames, glass and photo paper. We want the temple management to keep one or two drums to store broken ones. We are planning to visit such temples once a month to dispose of such photos and portraits," said Shobha Bhat of Usire Foundation.

Welcoming the idea of segregation of wooden frames, glasses and paper photos from abandoned photos and portraits, Balaji Raghotham, an environmentalist, has said some people dump these broken photos on the bund of Seegehalli Lake for the reasons best known to them but broken glass pieces are posing danger to the lake volunteers while watering the saplings. "A few volunteers are injured due to broken glass pieces on the lake bund. Depositing the broken photos and portraits at a selected place or a temple is a good idea," said Balaji Raghotham.

Stating that incidents of dumping broken photos and portraits are taking place at lakes where no security guards are posted, Ramprasad V, cofounder of Friends of Lakes said that the priests or management of temples have to make arrangements for the disposal of abandoned photos and portraits as per Vedic norms.

> **"We are planning to dispose of abandoned portraits by segregating wooden frames, glass and photo paper**
> – Shobha Bhat, Usire Foundation

"Priests at temples have to guide people on how to dispose of these photos and portraits. The dumping of broken photos and portraits can be avoided if the nearby temples make arrangements for the disposal of such photos and portraits," said Ramprasad.

Meanwhile, Bruhat Bengaluru Mahanagara Palike Solid Waste Management (BBMP SWM) assistant executive engineer of Raja Rajeshwari Nagar zone said that dry waste autos will visit temples to collect dry waste. "There will be no problem for us if the people working at temples hand over the segregated waste of broken photos and portraits to our people engaged to collect dry waste," he said.

AI-infused strategies to tackle traffic at Ibbaluru Junction

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In a bid to address the perennial traffic congestion at one of Bengaluru's busiest routes, the Ibbaluru Eco Space junction, the South Bengaluru Traffic Division has taken a significant step forward. This initiative marks a notable shift in the approach to urban traffic management, combining on-field expertise with advanced artificial intelligence (AI) technology.

The Ibbaluru junction is crucial as it connects major areas like Marathahalli, HSR Layout, and Sarjapur Road. It has long been a focal point of traffic bottlenecks in the city. The South Bengaluru Traffic Division, under the aegis of DCP Shiva Prakash Devaraju, took on the challenge of decongesting this vital junction following a major traffic jam on September 27. The team undertook a comprehensive analysis to pinpoint the root causes of the congestion.

Employing an AI-based tool to analyse traffic congestion patterns, the division discovered a trend: heavy traffic towards Marathahalli during morning hours and the reverse flow in the evenings. A critical issue identified was the disruption caused by vehicles making right turns or U-turns towards the Eco Space junction. This often resulted in congestion stretching over a kilometre. Addressing this, the division initiated a collaboration with Bangalore Metro Rail Corporation Limited (BMRCL) to clear a path between existing pillars, paving the way for a new road. This road, designated for vehicles turning towards the Eco Space junction, now allows for direct right turns, effectively reducing traffic snarls.

DCP Devaraju said "This project exemplifies our approach of blending AI-driven insights with practical on-ground interventions. Our goal is not just to manage traffic but to transform it in a way that significantly improves the daily commute in Bengaluru. We believe that this innovative approach to traffic management at Ibbaluru will bring a substantial positive change to the area's traffic flow. "

The division does not stop here. Plans are underway to make the direction of this new road dynamic, adapting to the prevalent traffic flow. Additional measures like signage and movable barricades are being introduced to further assist commuters. A key aspect of this project is also to raise awareness among the commuting public.

The division is actively engaging with tech parks and other platforms to spread the word about the new traffic arrangements.

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Broken drains

Residency Road

The drains on Residency Road, opposite KPTCL, are broken and need immediate repair.

Road obstruction

Vijayanagar

Vehicles are obstructing the service road near Padmapriya Diagnostic Centre, close to Manuvana.

Manhole distress

Kumaraswamy Layout

BWSSB's poor work in the middle of the 14th Main, 2nd Stage Kumaraswamy Layout, particularly in their manhole repairs, has resulted in small mounds causing significant inconvenience.

Advertorial Promotional Feature

Chronic pain: Physiotherapy to rescue

Physiotherapy evolves as aid in restoration for those affected by bone issues and pain management

Physiotherapy is a vital part of healthcare management, aiding in the restoration of function and movement for patients affected by illness or injury, particularly in bone, muscular, and joint issues, including pain management. Unfortunately, in India, there is no streamlined referral system for physiotherapy, hindering its potential to promote health, prevent injury, and aid in rehabilitation.

Physiotherapy, an underrated profession in India, aims to restore and maintain maximum physical function and overall health throughout life. However, unlike in the western world, India lacks a proper referral system for physiotherapy, leading to underutilisation of its resources and skills. Although medical practitioners in India are aware of physiotherapy's applications, there is a lack of awareness about recent advances, especially in areas like chronic pain, transplantation, geriatric conditions, and pulmonary and cardiac rehabilitation.

In India, physiotherapy services are commonly received through a prescription from a medical practitioner, perpetuating a negative perception of physiotherapists' competence. It is crucial to recognise that physiotherapy is an autonomous profession, and professionals in this field are well-equipped to determine suitable treatments based on their extensive education and training.

Physiotherapy is particularly effective in chronic pain management, addressing health issues arising from unhealthy habits and lifestyles. With the rise of chronic pain due to sedentary lifestyles and increased screen time, physiotherapy plays a crucial role in reversing damage, rebuilding strength, restoring functionality, and promoting healthy lifestyles. Various techniques, including manual therapy, massages, lymphatic massage, and joint mobilisation, are employed to improve flexibility, reduce swelling, and relieve pain.

Physiotherapists also incorporate relaxation techniques such as meditation to relax the nervous system

Unlike in the western world, India lacks a proper referral system for physiotherapy, leading to underutilisation of its resources and skills

Physiotherapists also incorporate relaxation techniques such as meditation, yoga, and pranayama to relax the nervous system, inducing better sleep and pain relief. Customised exercise programmes tailored to individual patient requirements include a range of motions, strengthening, and stretching movements to improve strength, mobility, and muscle strength while alleviating beta-endorphin levels to improve mood and reduce pain.

In conclusion, physiotherapy offers a holistic approach to chronic pain treatment and guides patients towards a healthier life. To maximise its impact, there is a need for increased awareness of the role of physiotherapists in healthcare delivery and education for various health professionals. This effort can reform the healthcare system by promoting early recovery, treating various conditions, and enhancing the overall quality of life for patients.

(This article by G Prakash first appeared in Times of India)

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HYDERABAD: KUKATPALLY • GACHIBOWLI • JUBILEE HILLS

physiotattva.com

Pilgrims' slow and steady progress

State to nurture spiritual travel with government subsidies

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Several Karnataka Yatra schemes have been in existence for years. Just three months ago, the state government launched an online portal called Karnataka Yatras for the citizens of Karnataka. This portal allows them to register and submit the required documents and applications for the government subsidy scheme. The online website has proven to be beneficial for a large number of people, with many easily submitting their application details.

In November, the Office of the Commissioner, Department of Hindu Religious Institutions and Charitable Endowments, notified citizens to submit their applications for the Kashi Yatra. This is to avail the government subsidy ranging from Rs 5,000 to Rs 30,000 for pilgrims undertaking the Kashi Yatra and travelling to the Kashi Vishwanath Temple in Varanasi from Karnataka State during the year 2023-24.

The deadline for submitting applications is December 31. Upon learning about this, many citizens have been promptly sending in their applications. According to officials, data shows that over 1,686 Kashi Yatra applications have been received. To apply for the Yatra Scheme, a registration fee of INR 25 is required. It is worth noting that this fee is said to be refundable once the application is approved.

Basavarajendra H, IAS Commissioner of Hindu Religious & Charitable Endowments, mentioned, "There has been a positive response to all the schemes, and the online site is making the task easier for citizens. One needs to take a picture, ensuring that the location-sharing feature is "on" at all times on their device, and register their details. When they reach the yatra destination, they are required to send images. Citizens must take a selfie with the temple in the background to verify themselves. Once the process is completed, they will be able to access the benefits."

The Karnataka government has introduced a new rule for pilgrims seeking the Kashi pilgrimage subsidy of Rs 5,000

For the Char Dham Yatra, a total of 4,091 applications have been received. A subsidy of Rs 20,000 is provided to the citizens undertaking this pilgrimage

For the Char Dham Yatra, a total of 4,091 applications have been received. The Char Dhams are four Hindu pilgrimage sites in Uttarakhand, namely Yamunotri, Gangotri, Kedarnath, and Badrinath. A subsidy of Rs 20,000 is provided to the citizens undertaking this pilgrimage.

Under the Kailash Mansarovar Yatra scheme, a subsidy of Rs 30,000 will be provided. This religious pilgrimage is situated between India and China and holds significant importance for Hindus, Buddhists, and Jains. The Kailash Mansarovar Yatra is considered a holy pilgrimage, believed to grant salvation to those who undertake it.

Additionally, the Department of Religious Endowments has introduced a special train to facilitate travel from the state of Karnataka to the sacred areas of Varanasi, Ayodhya, and Prayag Raj. Pilgrims are required to pay the remaining amount of Rs. 15,000, which is supported by the government.

This 8-day tour includes breakfast, lunch, accommodation, local transport, and local sightseeing for the pilgrims travelling on this special train. So far, four trips have been completed under this scheme, with 2,047 pilgrims benefiting from this facility. The package cost is Rs 22,500, and out of this amount, Rs 7,500 each is covered by the state government.

PM 2.5 leads urban pollutants as winter sets in

CONTINUED FROM PAGE 1

mixing and dispersion of air pollutants, owing to a drop in temperature.

"Winter temperature inversion prevents dispersal of pollutants from the lower level. Lower temperature creates poor mixing circumstances near the ground and thus pollutants being released get trapped at the breathing level. Weak wind speed impacts both vertical and horizontal mixing of pollutants leading to their higher concentration. The minimum temperature in Bengaluru is expected to drop further over the next few days and thus we may assume that AQI will deteriorate further," said professor Gufran Beig, chair at the National Institute of Advanced Studies (NIAS).

Bengaluru experienced a sudden drop in maximum and minimum temperatures over the last few days. As per the Indian Meteorological Department (IMD), the maximum temperature on Thursday morning was 27.4 degrees Celsius and the minimum temperature was 18.4 degrees Celsius.

Healthcare experts said the possible health impact of worsening AQI can include breathing discomfort to people with lung, asthma, and heart diseases. Ensuring good ventilation and staying away from pollutants are effective ways to combat air pollution during winter.

"As a precautionary step, it is advisable to use masks, minimise unnecessary travel, maintain a balanced diet, and consume nutritious foods and vitamin supplements to boost immunity. Regular physical activity is encouraged, alongside maintaining distance from potentially infected family members to curb the spread of infections," said Dr Aravind SN, Aster RV Hospital.

Can fare revision check auto rickshaws overcharging?

CONTINUED FROM PAGE 1

or the transport department are able to designate personnel to ensure that auto rickshaw drivers are not fleecing customers around auto rickshaw stands, the impact would be immense. On the other hand, a few commuters believe that the rising cost of living has resulted in auto rickshaw drivers demanding additional amounts.

Last month, the Auto Rickshaw Drivers' Union (ARDU) in a letter to transport minister Ramalinga Reddy requested an annual revision of auto rickshaw fares in order to increase the effectiveness of intermediate public transport and combat the demand for excess fare.

"Due to inadequate cooperation of auto rickshaw drivers, auto rickshaws are not available and cannot be relied upon by citizens in need. Drivers routinely ask for excess fares over the meter rates fixed by the government and refuse to operate by the meter. The main reason for this is that the auto rickshaw fares are not adjusted according to the price increase. Auto rickshaw fares have been revised only twice in the last decade and even that has not kept pace with price hikes," the letter noted.

The union had said that the existing law needs to be amended for the benefit of drivers. "Section 67 (i) of the Motor Vehicle Act prescribes that auto rickshaw fares should be fixed from time to time. Unfortunately, since the word 'from time to time' does not indicate a specific time period, the authorities revise the rates arbitrarily and infrequently. Hence, it is important for competent authorities to revise the rates in line with the Central Government's guidelines of revising rates which is based on Wholesale Price Index (WPI) every year under the 2020 Motor Aggregator Guidelines," the letter explained.

In 2021, the last revision on fixed fare for auto rickshaws took place. Then, the base rate for the first two kilometres was increased from Rs 25 to Rs 30. During the past three years, the rate has remained the same. Prior to this, the fares were revised in 2013.

"If the fares get revised in consultation with auto rickshaw drivers and adjusted to inflation, a lot more auto rickshaw drivers will go on meter. Auto rickshaws on meters will get more people into the metro and bus as well," said Srinivas Alavilli, a public transport enthusiast, encouraging the government to consider revising auto rickshaw fares every year.

Commuters have urged the government to come up with an auto rickshaw aggregator app at the earliest to ensure that auto rickshaw drivers are rid of paying commission.

"We have heard of high commission charges being levied by private aggregators like Ola and Uber; so a government initiative replacing the current aggregators would help auto rickshaw drivers. Along with this, state run public transport can collaborate with auto rickshaw unions to come up with initiatives such as Metro Mitra to ensure a cap on the fare being charged," said Afnan Rahman, a frequent metro commuter.

BESCOM keeps meter running in digital age

Project to replace mechanical electricity meters with digital ones that began in 2022 is 90% done with 16,02,275 already replaced

| Melvin Mathew
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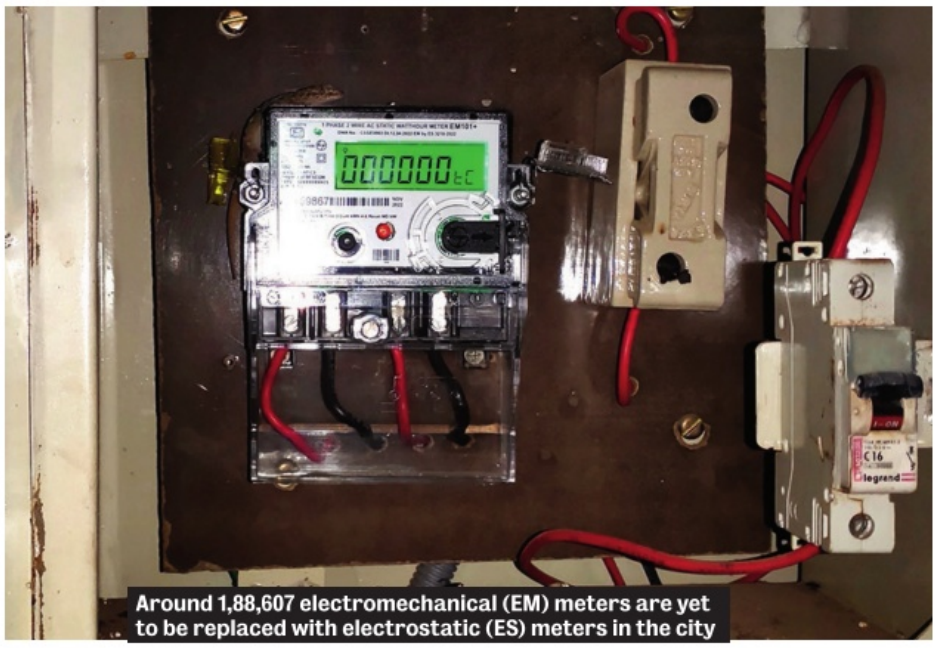
TWEETS @BangaloreMirror

As the year draws to a close, Bengaluru Electricity Supply Company is about to complete the replacement of electromechanical meters with digital ones. The project started in 2022 and is as of now 90 per cent finished. Around 1,88,607 electromechanical (EM) meters are yet to be replaced with electrostatic (ES) meters. As of December 18, 16,02,275 have been replaced. BESCOM had tendered the project to two agencies in April 2022. Rajashree Electricals took part in the project in East, West, and South while VR Patil Vividh Vidyuth Nirman Pvt Ltd was employed in the North.



Around 1,88,607 electromechanical (EM) meters are yet to be replaced with electrostatic (ES) meters in the city

Expenses incurred

As BESCOM carries on the task at free of cost replacement for the consumer, they have incurred Rs 285.62 crore in expenses.

East and West combined cost Rs 116.70 crore, while it was Rs 76.87 crore in North and Rs 92.05 crore in South. As per the target, there are 4,14,063 in the East, 3,25,650 in the West, 4,87,930 in the North and 5,63,239 in the South. As of now, 3,58,576 meters have been replaced in the East, 3,14,486 in the West, 4,43,540 in the North and 4,85,673 in the South.

BESCOM has dismissed allegations made by consumers of discrepancies in power bills post-replacement with digital meters

Once meter replacements are completed in Bangalore Metropolitan Area Zones (BMAZ), BESCOM plans on taking up work in Bangalore Rural Area Zones (BRAZ).

According to BESCOM estimates, it would cost them Rs 934 to replace a single-phase meter and Rs 2,312 to replace a three-phase meter. In addition to free-of-cost replacement, consumers will also be able to see two years of power consumption data post-replacement at the sub divisional office. However, there have been allegations of discrepancies in power bills by consumers post-replacement with digital meters.

There were allegations of digital meters leading to doubling of their power bills. However, BESCOM officials have refuted these allegations in the past.

Eat in train coach at station

Railway commuters will be able to have hot meals in a rail coach-turned-restaurant at the Kantriveera Sangolli Rayanna (KSR) railway station in March 2024. On December 20, the South Western Railways (SWR) lowered an old coach onto a railway track present at the main entrance of KSR railway station for the purpose. This coach will now be remodeled to an air-conditioned restaurant with a seating capacity of 40 by contractors. Officials have said that the restaurant after being inaugurated in March 2024 will be open 24/7 in order to cater to the public.

A rail coach-turned-restaurant is also going to be installed at the entrance of Sir M Visvesvaraya terminal in Baiyappanahalli. The restaurants are being installed as a part of SWR's non-fare revenue initiative. As a part of the initiative, old coaches that are on the verge of being scrapped are being modified, refurbished and turned into restaurants. The objective of the restaurants is to provide commuters a dining experience while retaining the ambience of a railway coach.

Contract tenure

The contract of the restaurant at KSR railway station has been given to OAM Industries Pvt Ltd while Gaurav Enterprises has received the contract for Sir MV terminal. The contract tenure is five years. The contract is expected to fetch the SWR a total revenue of Rs 7.54 crore in license fees.

The restaurants by both the firms will have a seating capacity of 40 on the inside of the railway coaches and an additional 40 on the outside. Both North Indian and South Indian cuisine will be served to customers. — BMB

Parliament breach: 2 more from K'taka being questioned

The Delhi police have taken into custody a youth from Bagalkote in Karnataka and questioned another man from Mysuru in connection with the security breach in Parliament, official sources said on Thursday. Saikrishna Jagali, a techie and son of a retired Deputy Superintendent of Police, was picked up from his house at Vidyagiri in the district headquarters town of Bagalkote on Wednesday night.

Jagali, who works with a multinational company in Bengaluru, is said to be a friend of Manoranjan D, a resident of Mysuru, one of the two intruders who trespassed into the Lok Sabha last week. He was also Manoranjan's roommate during college, sources said. Jagali's sister Spandana said a Delhi police team came and took her brother with them. "We have fully cooperated with the inquiry," she said. Spandana said her brother had done "nothing wrong". — PTI

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CHANGE OF NAME

I Pankajakshi Madhava Rao W/O, Guruprasad Srinivasa Rao R/o Flat 201, Sumukha 1st Floor, Sri Sairam Enclave, Uttarahalli Main Road, Bengaluru - 560061 have changed my name to Prabha.

I, GIDEONUDAYA KUMAR . B, Residing at No 44, 3rd Cross, 1st Main, Gowthamapuram, 2nd Stage, Halasuru, Bangalore - 560008, Have changed our minor son's name GERSHON EBENAZER to GERSHON EBENEZER . G. vide affidavit dated 21/8/2023 sworn before Notary A.R. Muneer Ahmed Bangalore

I, JACKSON ASHLEY REBELLO, residing at No.160, Jacydale, 5th Main road, 2nd Stage, 2nd Phase, WC Road, Mahalakshmipuram, Bengaluru-560086 have changed my name to JACKSON REBELLO, vide affidavit dated 19.12.2023, before notary Renuka .C, B.lore

I, Ammar Khasamwala R/o Flat No D5 burhani park apartment gottigere bangalore 560083 have changed my minor daughter Name From Old Name Husaina Khasamwala to New Name Husaina Ammar Khasamwala for all purposes

I Madishetty Shiva Kumar S/o Madishetty Pandurangam R/o B-304 Unique Concord Tatanagar Bangalore - 560094 changed my name to Madichetti Shiva Kumar S/o Madichetti Pandurangam for all future purposes

I, Channa Keshava S R/o No.132, 3rd cross, 7th main, Kaverinagar, Bidarahalli, BSK 2nd stage, Bengaluru 560070 have changed my name to KESHAVA affidavit Dt.20/12/2023 notary Harisha G, B'luru

I, FAIYAZ BAIG R/at No.78, 13th Cross, Hosahalli Main Road, Padarayanapura, Bengaluru- 560026, have changed my name to FAYAZ BAIG vide affidavit dated: 21/12/2023 Before Notary Deepa. M Bangalore.

I hitherto known as Rajamma K alias Radha K D/o Krishnappa V, W/o R Govind Raj, R/o 48, Annayyappa Block 6th cross, Naryanappa main road, Benson town,Bangalore -560046,Karnataka India have changed my name & shall hereafter be known as Radha K.

I, Sabreen Altaf Altaf Hussain D/o, Altaf Hussain R/o Apt 302, Zubeda Residency, 3, Laurel Lane, Richmond Town, Bangalore 560025 have changed my name to Sabreen Altaf for all purposes.

I, Rajadorai Easwaran S/o K Easwaran R/o No-GF4, Surya Park View Apt, 17th Cross, Subhash Bhavan Road, Ideal Homes, Rajarajeshwari Nagar, Bangalore - 560098. I declare that Rajadorai Easwaran to Rajadorai Karupuswamy Easwaran both names belong to the same person vide affidavit No IN-KA77118622635236V dated 21.12.2023 for all future purposes.

I, Mutturaj Basappa S/o Basappa Yarali, residing at No. 19, Ground Floor, Vinayaka Gangavathi, 9th Cross, Vallabha Nagar, Bengaluru-560062 here by declare that Mutturaj Basappa and Yarali Mutturaj Basappa both the names belongs to me only, vide affidavit dated 28.11.2023 before notary Gangambike H.S, B.lore. Hence forth i shall be called in future MUTTURAJ BASAPPA only.

I, Raghu S/o Dorairaj R/o 14/2 4th Cross, Xavier layout Ashok Nagar b'lore-560047 have changed my name to Raghu D

I Alafia Ammar W/o Ammar Khasamwala R/o Flat no:- D5 IV floor burhani park apartment gottigere bangalore 560083 have changed my name to Alafia Ammar Khasamwala for all purposes

I, Shabana W/o Mohammed Idris R/o #15, 7th D Cross , Tank Garden Someshwara - nagar Jayanagar , 1st block , B'lore-560011 have changed my name to Shabana Idris.

I, Anantharaman K, R/o 306, LK Gloria Apt, 5th B Cross, Amruthahalli, Bengaluru-92 have changed my name to Anantharaman

LOST & FOUND

I, Rahul Patil residing at No 307, near Ramakrishna Hospital, 14th cross, Bangalore 560011. I have lost my previous owners Sale deed document no NGB-1-05687-2019-20 (Mamatha. G) and MDL-1-03464-2016-17 (Kanthan Jaganatha) on 19.12.2023 at Bangalore. If anybody found please hand over to near by police Station or above mentioned address or Contact 8550013595

tender & notices

PUBLIC NOTICE

PUBLIC NOTICE

This is to bring to your kind notice that my client Satyam Gupta W/o Santosh Kumar Gupta Residing at Roshan Lal colony Harnichak Anisabad Patna 800002 is the current owner of Flat no C-305 of Golden Star Apartment Hoodi Banglore 560048. However the registered sale deed dated 26-April-2006 of the above mentioned flat in bangalore bearing document no KRI-1-02935-2006-07 registered in the office of sub registrar KR Puram is missing. Lodged FIR NO 0849824/2023. If found, kindly inform to below address \ Contact.

MC Thippeswamy,
Advocate, New law chamber, M.C.T & Associates, Sathyasri Complex, Near Krishna Nursing Home, Lakshmi bazar, Chitradurga - 577501
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Chirstmas & Newyear Shopping Carnival
Date:
22nd Dec 2023 to 31st Dec 2023
Timings: 11:00 AM to 7:00 PM
(10 Days Exhibition)
Arts | Handicraft | Clothings
Fashion Accessories | Home Decor & More
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HEALTH TIP: An essential nutrient found in a significant amount in sesame oil is vitamin K

Soy milk tends to be a good source of vitamin B6, magnesium, folate, and zinc

DON'T WORRY, BE HAPPY

Hypochondriacs die earlier than those who worry less about their health – what might explain this paradox?

People who worry excessively about their health tend to die earlier than those who don't, a recent study from Sweden has found. It seems strange that hypochondriacs who, by definition, worry yet have nothing wrong with them, should enjoy shorter lifespans than the rest of us. Let's find out more.

First, a word about terminology. The term "hypochondriac" is fast becoming pejorative. Instead, we medical professionals are encouraged to use the term illness anxiety disorder (IAD). So, to avoid triggering our more sensitive readership, we ought to use this term.

We can define IAD as a mental health condition characterised by excessive worry about health, often with an unfounded belief that a serious medical condition is present. It may be associated with frequent visits to a doctor, or it may involve avoiding them altogether on the grounds that a real and quite possibly fatal condition might be diagnosed.

The latter variant strikes me as quite rational. A hospital is a dangerous place and you can die in a place like that.

IAD can be quite debilitating. A person with the condition will spend a lot of time worrying and visiting clinics and hospitals. It is costly to health systems because of time and diagnostic resources used and is quite stigmatising.

Busy healthcare professionals would much rather spend time treating people with "real conditions" and can often be quite dismissive. So can the public.

Now, about that study

The Swedish researchers tracked around 42,000 people (of whom 1,000 had IAD) over two decades. During that period, people with the disorder had an increased risk of death. (On average, worriers died five years younger than those who worried less.) Furthermore, the risk of death was increased from both natural and unnatural causes. Perhaps people with IAD have something wrong with them after all.

People with IAD dying of natural causes had increased mortality from cardiovascular causes, respiratory causes and unknown causes. Interestingly, they did not have an increased mortality from cancer. This seems odd because cancer anxiety is rife in this population. The principal cause of unnatural death in the IAD cohort was from suicide, with at least a fourfold increase over those without IAD.

So how do we explain these curious findings?

IAD is known to have a strong association with psychiatric disorders. As suicide risk is increased by psychiatric illness, then this finding seems quite reasonable. If we add in the fact that people with IAD may feel stigmatised and dismissed, then it follows that this may contribute to anxiety and depression, leading ultimately to suicide in some cases.

The increased risk of death from natural causes seems less easy to explain. There may be lifestyle factors. Alcohol, smoking and drug use are more common in anxious people and those with a psychiatric disorder. It is known that such vices can limit one's longevity and so they may contribute to the increased mortality from IAD.

IAD is known to be more common in those who have had a family member with a serious illness. Since many serious illnesses have a genetic component, there may be good constitutional causes for this increase in mortality: lifespan is shortened by "faulty" genes.

What can we learn?

Doctors need to be alert to the underlying health problems of patients and must listen with greater care. When we are dismissive of our patients, we can often be badly caught out. People with IAD may well have a hidden underlying disorder – an unpopular conclusion, I accept.

Perhaps we can illustrate this point with the case of the French novelist, Marcel Proust. Proust is often described by his biographers as a hypochondriac, yet he died in 1922 at the age of 51 at a time when the life expectancy of a Frenchman was 63.

During his life, he complained of numerous gastrointestinal symptoms such as fullness, bloating and vomiting, yet his medical attendants could find little wrong. In fact, what he described is consistent with gastroparesis.

This is a condition in which the motility of the stomach is reduced and it empties more slowly than it should, causing it to overfill. This can lead to vomiting and with that comes a risk of inhaling vomit, leading to aspiration pneumonia and Proust is known to have died of complications of pneumonia.

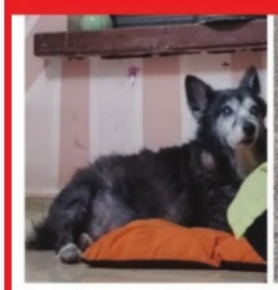
Finally, a word of caution: writing about IAD can be quite risky. The French playwright Molière wrote Le Malade Imaginaire (The Imaginary Invalid), a play about a hypochondriac called Argan who tries to get his daughter to marry a doctor in order to reduce his medical bills. As for Molière, he died at the fourth performance of his work. Mock hypochondriacs at your peril.

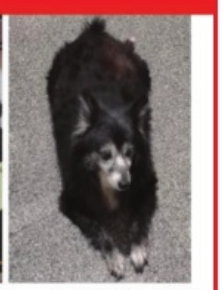
(By Stephen Hughes, Anglia Ruskin University, The Conversation)

GET NOTICED TIMES interact

MISSING DOG

A CRY FOR HELP FOR OUR FURRY FRIEND.



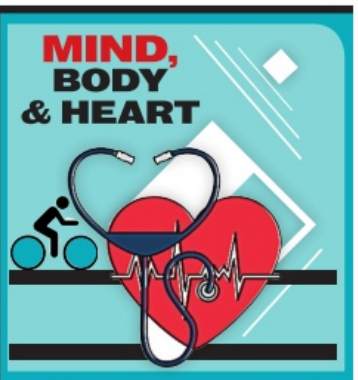


Name: JIMMY
Age: 13 years
Features: Black body, white patch on the face and chest. Has a lump on the right of her neck.
SUITABLY REWARDED

Female (NEUTERED)
Breed: Pomeranian
Last seen: 5:45 pm on 17th Nov'2023 Near Ramraj Showroom, 17th Main Road, Vijayanagar

CALL OR TEXT WITH ANY INFORMATION
9886240406, 9845043411

ROUNAQH



All you need to know about...

Steroid cream side-effects

Risk to the bone
Higher doses of topical corticosteroids, which are commonly used to treat inflammatory skin conditions, can elevate risks of osteoporosis and bone fractures associated with osteoporosis, indicates a new research.

Clear link
Systemic corticosteroids are known to interfere with bone remodelling and increase osteoporosis and fracture risk, but evidence on the topical corticosteroids on bone health has been inconclusive.
The study, published in the Journal of the European Academy of Dermatology and Venereology, showed that clear link, particularly for extended periods of exposure. Young people and women were found to have an increased risk, the study said.

Use carefully
"This study emphasises that using topical corticosteroids to treat inflammatory skin conditions should be done very carefully and clinicians should be aware of these potential side effects," said corresponding author Chia-Yu Chu, of National Taiwan University Hospital and National Taiwan University College of Medicine.

Dose dependent
The results showed clear dose-response relationships between long-term use of topical corticosteroids and osteoporosis and MOF.
For example, compared with no doses, low, medium, and high cumulative doses of topical corticosteroids were associated with 1.22-, 1.26-, and 1.34-times higher odds of developing osteoporosis over five years.
These doses were linked with 1.12-, 1.19-, and 1.29-times higher odds of experiencing MOF. Women had higher risks of osteoporosis and MOF than men. Also, younger people (below 50 years) had a higher risk of osteoporosis compared with other age groups. —IANS

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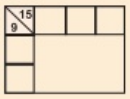
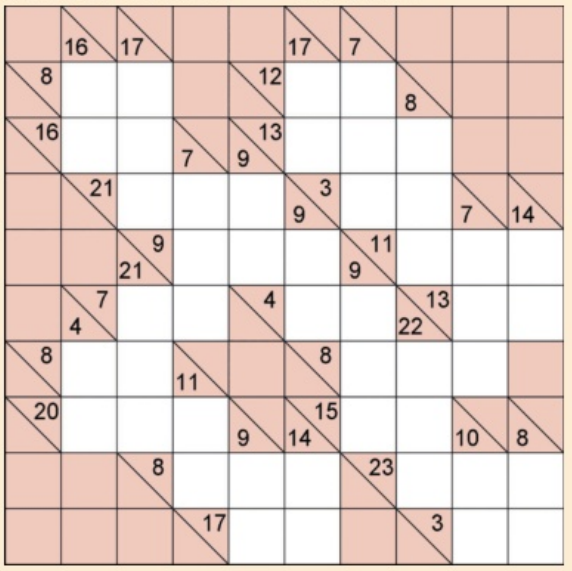
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

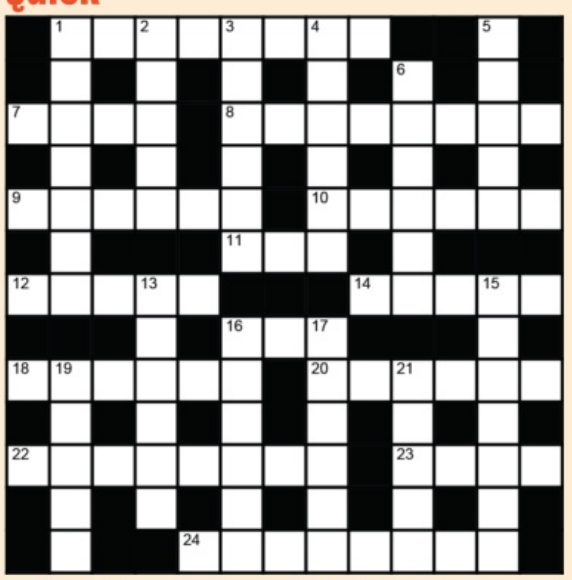


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Male horse (8)
7 Mexican food (4)
8 Fails to fulfil obligation or fails to appear (8)
9 Small restaurant (6)
10 Cramped or constricted (6)
11 Shake or wave to and fro (3)
12 Adhesive pastes (5)
14 Ancient Germans (5)
16 Fur scarf (3)
18 Capital of Maharashtra (6)
20 Close at hand (6)
22 Unselfish concern (8)
23 Popular pub in Indira Nagar (4)
24 Air India, Lufthansa, Indigo, etc (8)

DOWN

1 Type of dog (7)
2 Upward or overhead (5)
3 Shropshire town (6)
4 A time some way away (6)
5 The same again! (5)
6 A formerly-used paper size (6)
13 Go on board (6)
15 Philately, photography et al.? (7)
16 Two-piece swimsuit (6)
17 Creature (6)
19 Dark, not lighted (5)
21 Composer ___ Dvorak (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: L EQUALS G

CS XZA DTMPPX QMFJ JZ OZ HZVTJKCFL, XZA OZ CJ. XZA OZF'J HMBT CJ SZD M HZAFO GCJT.

Linemaro

You are #1 in my book

Mindchow

The quieter you become, the more you can hear

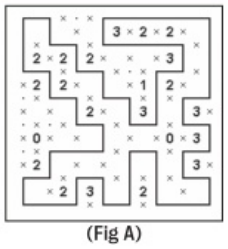
Joke of the day

I remember sitting in psychology class learning about Pavlov, thinking "Those stupid dogs." Then the bell went and we all had lunch

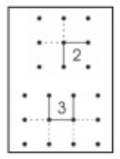
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

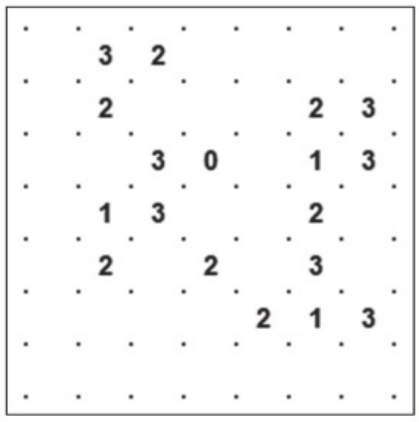


(Fig B) Not Allowed

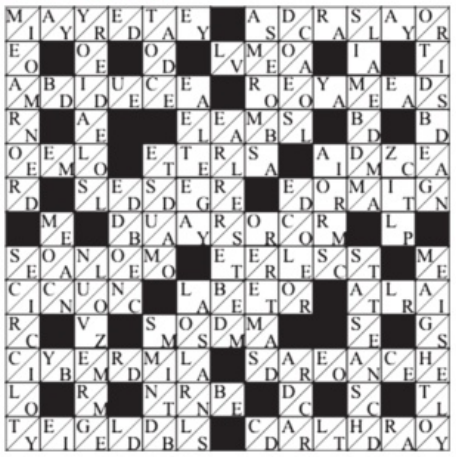
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



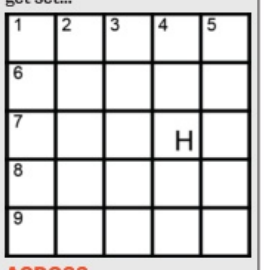
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Tarts; 6 Per pi;
7 Heart; 8 As are;
9 Brags

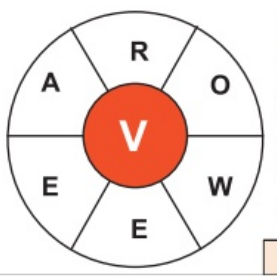
DOWN

1 Grasp; 2 Air at;
3 Pater; 4 Haber;
5 Rests

Mensapuzzle

What number should replace the question mark?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge

5			8		4			2
	6						3	
		3	9		6	7		
8			7		2			1
3			4		5			6
		2	3		7	9		
	5						1	
1			6		9			8

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 18
3 4 5 6

Medium = 11
2 8 8 9

Hard = 30
2 5 6 2

Hocusfocus

Find at least six differences in details between panels.

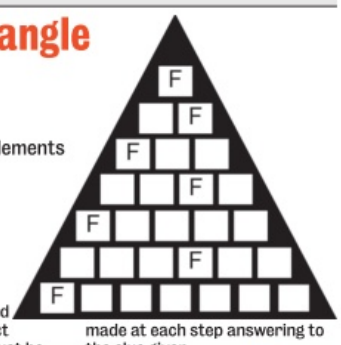
Differences: 1. Clipper handles are shorter. 2. Mouth is different. 3. Glove is missing. 4. Bottom of shirt is different. 5. Woman's nose is different. 6. Tree limb is lower.

Riddler

A container has a length four times its height, which is half of its width. If its volume is 1,000 cubic metres, what is the length of the box?

Alpha triangle

1 6th letter
2 Providing
3 Shame!
4 Vivacity
5 Manicurist's implements
6 Gag
7 Deboned fish



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Could you spare a moment to answer some questions about the feedback form you just completed?
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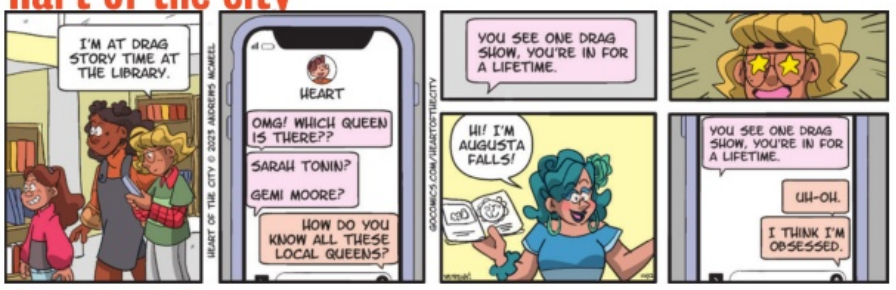
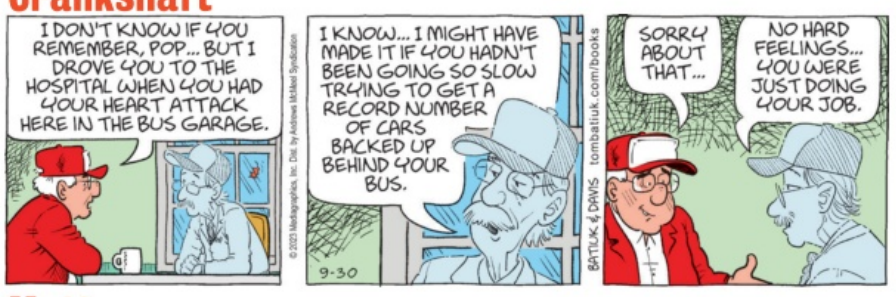
BIZARRO.COM
Wayno & PIRATE 10-3-23
CUSTOMER EXASPERATION SURVEY

Diamond Lil

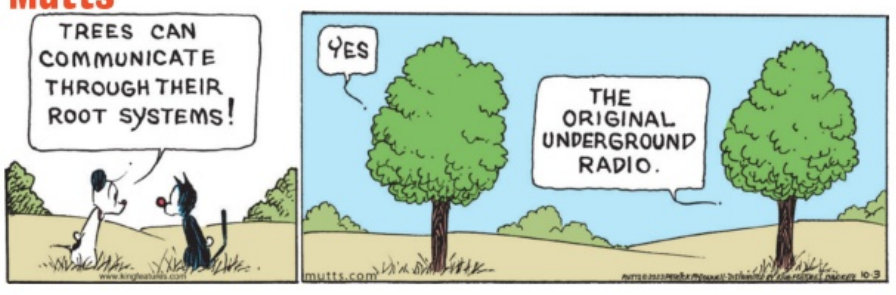
Hart of the city


I'M AT DRAG STORY TIME AT THE LIBRARY.
HEART
OMG! WHICH QUEEN IS THERE??
SARAH TONIN?
GEMI MOORE?
HOW DO YOU KNOW ALL THESE LOCAL QUEENS?
YOU SEE ONE DRAG SHOW, YOU'RE IN FOR A LIFETIME.
HI! I'M AUGUSTA FALLS!
YOU SEE ONE DRAG SHOW, YOU'RE IN FOR A LIFETIME.
UH-OH.
I THINK I'M OBSESSED.
HEART OF THE CITY © 2023 ANDREWS MCMEEL
BOOMICS.COM/HEARTOFTHECITY

Crankshaft


I DON'T KNOW IF YOU REMEMBER, POP... BUT I DROVE YOU TO THE HOSPITAL WHEN YOU HAD YOUR HEART ATTACK HERE IN THE BUS GARAGE.
I KNOW... I MIGHT HAVE MADE IT IF YOU HADN'T BEEN GOING SO SLOW TRYING TO GET A RECORD NUMBER OF CARS BACKED UP BEHIND YOUR BUS.
9-30
SORRY ABOUT THAT...
NO HARD FEELINGS... YOU WERE JUST DOING YOUR JOB.
BATIUK & DAVIS tombatiuk.com/books

Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by a positive moon. You may be healthy and able to focus on your goals. Your performance at work may be excellent, and your boss may be happy with you. You may receive important responsibilities at work and hear good news in any legal matter. You are likely to gain control over your opponents and business rivals.

Taurus Apr 21 – May 20
Today, you may be more intellectual, understanding the value of intellectual assets. Sometimes you may control your short temper, which can help you perform your tasks smoothly. There may be some chances for smooth earnings, giving you comfort in the workflow. Be careful before making new investments in assets. You are likely to spend money on loved ones, and love birds may enjoy their happy moments.

Gemini May 21 – Jun 21
Today, your moon becomes negative, and you may feel negativity around you. You might find your responsibilities burdensome and be in a hurry to complete tasks. Silly mistakes may be made, and your working efficiency may slow down, affecting your day-to-day work. Projects may be delayed, impacting your business. It is advised to seek advice from your consultant before making any important decisions.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, and you may hear good news from your siblings. Spend time with family and friends. With creativity, you may plan to renovate your house or office. Starting new partnerships with family members may be beneficial soon. Your subordinates at the office may help you with projects.

Leo Jul 24 – Aug 23
Today, you may feel negative, and tasks may remain incomplete. You might experience mood swings and be tested for patience. Silly mistakes may confuse you in completing your work. Love birds may find themselves confused about their feelings, and higher expectations may affect emotional attachment with a spouse. Take care of your parents, and students may lose concentration.

Virgo Aug 24 – Sep 23
Today, a positive moon may help you, bringing happiness and peace of mind. Work efficiently in your professional life, and your subordinates may cooperate in making important decisions in the business. Plan to start a new venture with the help of your siblings and network, which may be beneficial for business growth. Proper rest is advised to maintain enthusiasm.

Libra Sep 24 – Oct 22
Today, your moon becomes negative, leading to detachment from responsibilities. Be careful not to spend on worthless items, as it may increase negativity at home or in the office. Keep an eye on opponents and rivals to avoid falling victim to conspiracies. Read documents carefully before signing.

Scorpio Oct 23 – Nov 22
Today, you are blessed by the moon, enjoying family and professional life. Be polite with people around you to facilitate the smooth completion of work. Discover new sources of earnings to boost savings and plan to renovate your house or office.

Sagittarius Nov 23 – Dec 22
Today, you are blessed by a positive moon, enjoying work and receiving rewards for hard work. Your social respect may increase, but overworking may make you tired. Due to workload, you may not be able to attend a family event. Health issues related to your parents may be cured.

Capricorn Dec 23 – Jan 20
Today, you are blessed by a positive moon, feeling satisfied at work. Plan a short work-related trip or an overseas travel. Visit a religious place to maintain inner peace. Elders may guide you on the right path, providing clarity regarding your goals.

Aquarius Jan 21 – Feb 19
Today, you may feel dull and nervous; it is advised to keep your mind cool. Maintain patience and avoid arrogance in speech. You may not be able to recover your money, so avoid adventurous tours. Students are advised to go for in-depth study for success.

Pisces Feb 20 – Mar 20
Today, you are blessed by a positive moon, feeling good with domestic harmony. Meeting influential people may help you gain benefits in the workplace. Expect good performance in your job, with potential rewards such as promotions. Disputes in inherited property may likely settle down.

KIDZONE

Amogha Shetty, 11 Years, Brigade School

P Rishika, 13 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
$3^{9} + 11 \times \sqrt[3]{63}$
$1 + 11 \times 6$
$1 + 66 = 67$

RIDDLER
Twenty four

QUOTE UNCODE
If you really want to do something, you do it. You don't save it for a sound bite.

FAST FIVE

S	T	A	R	T
P	I	P	E	R
R	A	T	H	E
A	R	E	A	S
G	A	R	B	S

STRIKE OUT

M	A	Y	D	A	Y	S	C	A	L	A	R	Y		
O	O	O	L	E	O	A	I							
A	B	D	U	C	E	R	O	A	M	E	D			
N	E	L	A	B	S	B	D							
E	E	L	E	L	S	A	D	Z	E					
B	I	S	T	R	O	N	A	R	R	O	W			
T	A	C	O	D	E	F	A	U	L	T	S			
P	L	U	F	O	I									
S	T	A	L	L	I	O	N							

QUICK

	T		A	I	R	L	I	N	E	S				
	I	K		N	A		O		E					
A	L	T	R	U	I	S	M		T	O	I	T		
N		A	K		I		N		B					
M	U	M	B	A	I		N	E	A	R	B	Y		
		M		B	O	A				O				
G	L	U	E	S		G	O	T	H	S				
		E		W	A	G		T						
B	I	S	T	R	O		N	A	R	O	W			
	N		F		L	I		A		T				
T	A	C	O		D	E	F	A	U	L	T	S		
P	L		U	F		O		I						
S	T	A	L	L	I	O	N							

BULL'S EYE
AVER, AVOW, EVER, OVER, OVERAWE, RAVE, ROVE, VEER, WAVE, WAVER, WEAVE, WEAVER, WOVE

MENSA PUZZLE
$9: (6 + 17) - (5 + 9) 31.$

SUDOKU

1	3	4	6	5	9	2	7	8
7	5	9	2	4	8	6	1	3
6	8	2	3	1	7	9	5	4
3	7	1	4	9	5	8	2	6
9	2	6	1	8	3	5	4	7
8	4	5	7	6	2	3	9	1
4	1	3	9	2	6	7	8	5
2	6	8	5	7	1	4	3	9
5	9	7	8	3	4	1	6	2

ALPHA TRIANGLE
F, If, File, Life, Files, Stile, Fillets.

GO FIGURE
Easy
$5 + 4 + 6 + 5 = 18$
Medium
$2 - 8 + 9 + 8 = 11$
Hard
$6 \times 2 \times 5 / 2 = 30$

LOOP

KAKURO

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SANDALWOOD SHOTS
Y MAHESWARA REDDY

Comeback

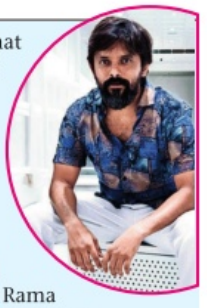
Music director-cum-actor Rajesh Ramanath is back after a gap of six years. Rajesh scored music for over 60 Kannada movies. His last movie was Style Raja in 2017. Now, he is back with Kanna Muchchi that is scheduled for release in February.

Three music videos of the film were released at Kalavidara Sangha on Wednesday. Rajesh Ramanath was the chief guest at the function.

"I stopped composing music for movies six years ago. I agreed to score music for Kanna Muchchi because of distributor Venkat Gowda. His wife Meena is the producer of this movie. Director Local Loki and Venkat Gowda approached me to score its music. I could not say no because of their dedication and passion towards movies," said Rajesh.

Rajesh has acted in the film Black and White that was released two decades ago. "I stopped scoring music for movies because I have to focus on my father's business in supplying headphones for the Armed Forces. I am also busy with renovation of my studio situated at Laggere. As far as Kanna Muchchi is concerned, the director did not compromise with the quality. I am sure director Local Loki will have a bright future in the Kannada film industry," said Rajesh. Producer Meena Venkat has said the movie has come out well.

Shoot begins



National and State award winning director D Satyaprakash has become busy with the shooting of his latest movie X & Y. Its shoot began in Bengaluru on Thursday. The shooting is expected to continue in Bengaluru for one month and the remaining part will be shot in Mangaluru for 10 to 15 days in February. Director Satyaprakash will also be sharing screen space with Atharva Prakash in the film.

"This movie is about the positive aspects of humans. It is a unique subject. I am making my debut as an actor in Sandalwood with this movie that is a blend of fantasy and realism. I play one of the two key roles because I thought I am suitable to play that character. I wrote the script, which is not based on real life incidents," said Satyaprakash.

Satyaprakash won the national award for his movie Ondalla Eradalla and State award for Rama Rama Re that was released in 2016. X & Y is his fourth movie as a director. His third film was Man of the Match.

"Atharva has acted in Man of the Match. Brinda Acharya of Kausalya Supraja Rama fame is paired opposite me. Ayana of Doordarshan fame is paired opposite Atharva Prakash," Satyaprakash said.

Joyous times with fam

Shriya Saran, renowned for her captivating on-screen presence since her debut in 2001, takes a sentimental stroll down memory lane in a series of Instagram posts titled "Grateful, 2021–2023." Sharing glimpses of her journey, the versatile actress provides an intimate look into a life filled with love, family, and the excitement of new beginnings. Known for her iconic roles in films such as "Drishyam" and "Sivaji," Shriya Saran not only enchants audiences with her on-screen charisma but also graciously opens the door to her personal life on Instagram.

In the initial set of photos, Shriya exudes happiness and confidence during her pregnancy with Radha, a period kept private until the baby's arrival in 2020. The images capture the actress and Andrei in an embrace, radiating the joyous anticipation of parenthood. Subsequent photos showcase the moments shared between Shriya and Radha, illustrating the unique bond between mother and daughter.

Augmenting the warmth, the collection includes heartwarming family portraits featuring Shriya, Radha, and extended family members. The actress is seen posing with her mother and mother-in-law, emanating happiness and familial love. Shriya's commitment to creating cherished family memories is evident as she prioritises quality time with her loved ones. **— ETimes**

Age not just a number in Hollywood

Actress Jennifer Love Hewitt, who is known for her work in films such as 'I Know What You Did Last Summer', 'Can't Hardly Wait' and 'The Tuxedo' among others, spoke about how she was sexualised as a teenager and the difficulties of aging in Hollywood.

Finding fame at such a young age came with its difficulties, and she opened up about her feelings during that time while speaking on 'Inside of You' podcast, reports deadline.com.

"I felt watched. I felt like I had to be everything for everybody all the time," Hewitt said.

"I was called sexy before I ever knew what being sexy was. I was 17-years-old on the cover of Maxim, and I had no idea why."

Hewitt also noted that she finds it "weird" when people want her to continue being the girl that she was back then, adding: "That girl was so insecure and so confused. But this girl — who may not look (that) way — I like who I am. I feel good. I'm fine." Hewitt also spoke about the complexities of aging in front of cameras and being proud of the age she is now.

"Aging in Hollywood is really hard. It's really hard because you can't do anything right," she said. **— IANS**

YEAR GONE BY

Find out what Tabu feels about how quickly 2023 came to a close

Tabu has been a part of multiple movies that have done well. Most recently, the actress was seen in the thriller film 'Drishyam 2' which turned out to be a success.

As the year gracefully nears its conclusion, Tabu takes to her social media handle to express her emotions. In her Instagram story, the actress wrote, "How quickly this year went by." She also asked fans, "How many people are saying this? Hands up".

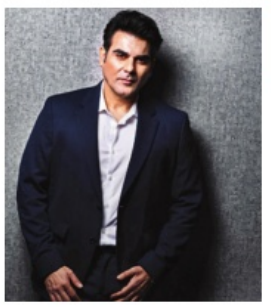
She has garnered a love for her performances in films like 'Virasat', 'Andhadhun', 'Drishyam', 'Golmaal Again', 'Bhool Bhulaiyaa 2', and 'Biwi No 1', among several others.

In an interview with the Mumbai Mirror in 2017, the actress talked about the real reason behind remaining unmarried and said that 'Ajay and she have known each other for 25 years. He was her cousin Sameer Arya's neighbor and close buddy, a part of her growing-up years, and that has laid the foundation of their relationship.

When she was young, Sameer and Ajay would spy on her, follow her around, and threaten to beat up any boys who were caught talking to her. They were the big bullies, and if she is single today, it is because of Ajay. She hopes he repents and regrets what he did.

On the work front, Tabu will next be seen in a film titled 'Auron Mein Kahan Dum Tha', and 'The Crew' with Kriti Sanon and Kareena Kapoor. The actress was recently seen in the Netflix film 'Khufiya'. **ETimes**

Arbaaz set to tie the knot with make-up artiste Shura



Bollywood actor-producer Arbaaz Khan, who was most recently seen in the streaming series 'Tanaav', is set to tie the knot once again.

Arbaaz, who has been reportedly dating make-up artiste Shura Khan, is set to take the plunge and take their story forward.

As per a media report, Arbaaz and Shura will take the wedding vows in an intimate ceremony on December 24.

The couple reportedly met on the sets of Arbaaz's upcoming film 'Patna Shukla'. However, both Arbaaz and Shura have remained tight-lipped about their relationship and have not shared any official statement about their wedding.

The actor was earlier married to Malaika Arora before the two officially parted ways in May 2017. Malaika went on to date Bollywood actor Arjun Kapoor and continues to go strong.

Despite their separation, Malaika and Arbaaz remain co-parents to their son, Arhaan. **— IANS**